



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20-6:00am	PiYo®	Hit It Tuesday	Stretch	Zone It In Thursday	Cycle & Strength	7:15-8:00am Cycle Saturday 8:15-9:15am Aqua Kickin' Core
7:50-8:35am	Silver Splash®	Total Body Aqua	Blazin Bouys	Total Body Aqua	Silver Splash®	
8:45-9:25am	Deep Waves	W-Wow!	Deep Waves	W-Wow!	Deep Waves	
10:00-10:45am	Silver Sneakers Circuit®		Silver Sneakers Classic®		Variety Friday	
12:10-12:50pm	Step	PiYo Live®	Endurance Ride	Pumped		
5:30-6:15pm	Cize Live®	Turbokick Live®	Urban Funk Cycle	Zumba®	Insanity Live®	
6:20-7:00pm	Aqua Zumba®	Pumped	Aqua Pumped	PiYo Live® (6:20-7:10pm)	Aqua Circuit	
6:30-7:00pm	Kickin' Asphalt					

Center Hours:
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm

800 South Park Lane
 Knoxville, IA 50138
 641-828-0580



Kid Friendly Classes! 1st grade & up welcome in **ALL** classes with adult present. 6th grade and up may participate in cycling classes. Instructors reserve the right to bench the non-participating.

**** Ask about our Indoor Ironman Triathlon April - May!**



[illegible]